

Counseling Corner



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Random Acts of Kindness:

In February, CLS will recognize Random Acts of Kindness. A Random Act of Kindness (RAK) is a selfless act performed by a person or group to be kind or thoughtful.

RAK week will be recognized February 14-February 20, 2016. Some ideas to promote and encourage Random Acts of Kindness are:

- Donating items to the needy
- Giving a compliment to someone
- Put a quarter in a parking meter
- Leave change at a vending machine
- While you are in line, let someone in front of you
- Call someone you have not talked to in a while
- Help someone up if they fall
- Buy someone an ice cream
- Help a neighbor carry in their groceries
- Send a nice letter to a friend

Important Events in February:

February 5, 2016: Consignment Sale Set-Up

February 5, 2016: Pennies for Patients Assembly

February 6, 2016: Consignment Sale

February 8- February 25, 2016: Pennies for Patients

February 12, 2016: Wear pink, red or white shirts

February 19, 2016: Middle School Dance 7:00 pm-9:30 pm

February 27, 2016: Open House

A huge WELCOME to our new students Alysa and Emma!

February Guidance:

In Guidance, we will be discussing bullying, friendships and Random Acts of Kindness.

Last month, we discussed conflict resolution. In kindergarten and first grade, we discussed the I-Care rules, which consists of listening, helping hands, talking nicely, caring about feelings and knowing I am responsible for my actions. I-Care helps us in conflict because we understand how to listen and how to care about others.

A great tool to use in conflict resolution is the 5 Rules of Conflict.

1. What's the problem?
2. Attack the problem, not the person
3. Listen for feelings (I feel statements)
4. Compromise
5. Accountable for actions and words

